



Looking For The Solution

by Debra Scifo, ASAC Executive Director

There is so much noise; political rhetoric, traffic, radio, television, telephone, email, work issues, home issues, internet . . . eeeek! There is not enough light; fresh air, laughter, jumping rope (or, whatever), coffee with friends or colleagues, a road trip . . . ahhhh!

The noise is a problem and the light is the solution. I read this. *“The sun rises every morning and sheds light, vanquishing the night's darkness. The rooster also rises every morning only, unlike the sun, he simply makes noise. But the darkness of the night is dispelled by sunshine, not by the rooster's crowing. The world can use more light and less noise. Wherever I can, I want to be light.”* (Steve Goodier, author)

Am I or are you characterized by the noise you make or the light you shed? To the point, there are problems to be confronted and by the fact that problems exist so do solutions. Do you see the glass half empty, a problem; or, half full, the solution? This brings me to the first objective in finding a solution: attitude.

Knowing that there is a solution, expecting a solution and seeking out the solution is a matter of attitude. Problems are never solved by groaning over the challenge before us. I can stand in the park and complain that I cannot find any of the Easter eggs (my granddaughter does this) or I can look for the Easter eggs! I can ask someone to help me. I can enlist a whole group of folks to help me. One thing about Easter eggs, they are hidden! Keep looking and you will find the Easter eggs, ever notice that once you find the first one, the others are easier to see . . . hmm. Do you recall that some eggs are prettier than others whether it is their color or their shape. Some are broken, these count as ‘eggs found’, but you keep looking until you find the best one. In my family, the teenagers are still talking about the egg that was the most difficult to find; “can you believe that I found the last egg in . . . “. Attitude is shaped by knowing there is a solution.

A second point about finding the solution; you have to move. Just like solutions have attributes so do problems. Problems remain in the presence of worry, procrastination, blame and resignation. You overcome each one of these with movement, do something! Doing something makes something else happen. You’ve heard the saying, “spring into action.” A man named Newton had a lot to say about action and action is exactly what finding a solution requires.

An essential piece to finding the solution is perspective. Is it your problem to solve or someone else’s? This point simply says that I am wise to seeing solutions to your problems and blind to my own. Get help! Seek out those you trust and have expertise and skills that you do not. We need to be objective in problem solving. So often the biggest problems have the simplest solutions, but when you are consumed by the challenge, you need someone to shed a little light.

And finally, solutions do not find fault in the problem. I’m not arguing against accountability, but in favor of finding a solution. Finding blame keeps us stuck in the problem, the solution must include management so that the problem doesn’t turn the corner and find us again. A recurring problem is an ignored or neglected solution.

Isn’t this at the core of health and safety? To live and be healthy we must seek out solutions. Oh, that’s right solutions are a result of problems. Do you have a product or service to market or sell? Don’t sell it. Solve a problem. Do you have a goal? Reaching a goal requires a plan. A plan is no more than a list of solutions.

Sounds simple, right? Simple solutions require complex thinking and strategies. So, enlist help, find a positive attitude, move, gain perspective and look, look everywhere and you will find the Easter eggs . . . that are hidden . . . just sitting there waiting to be discovered.